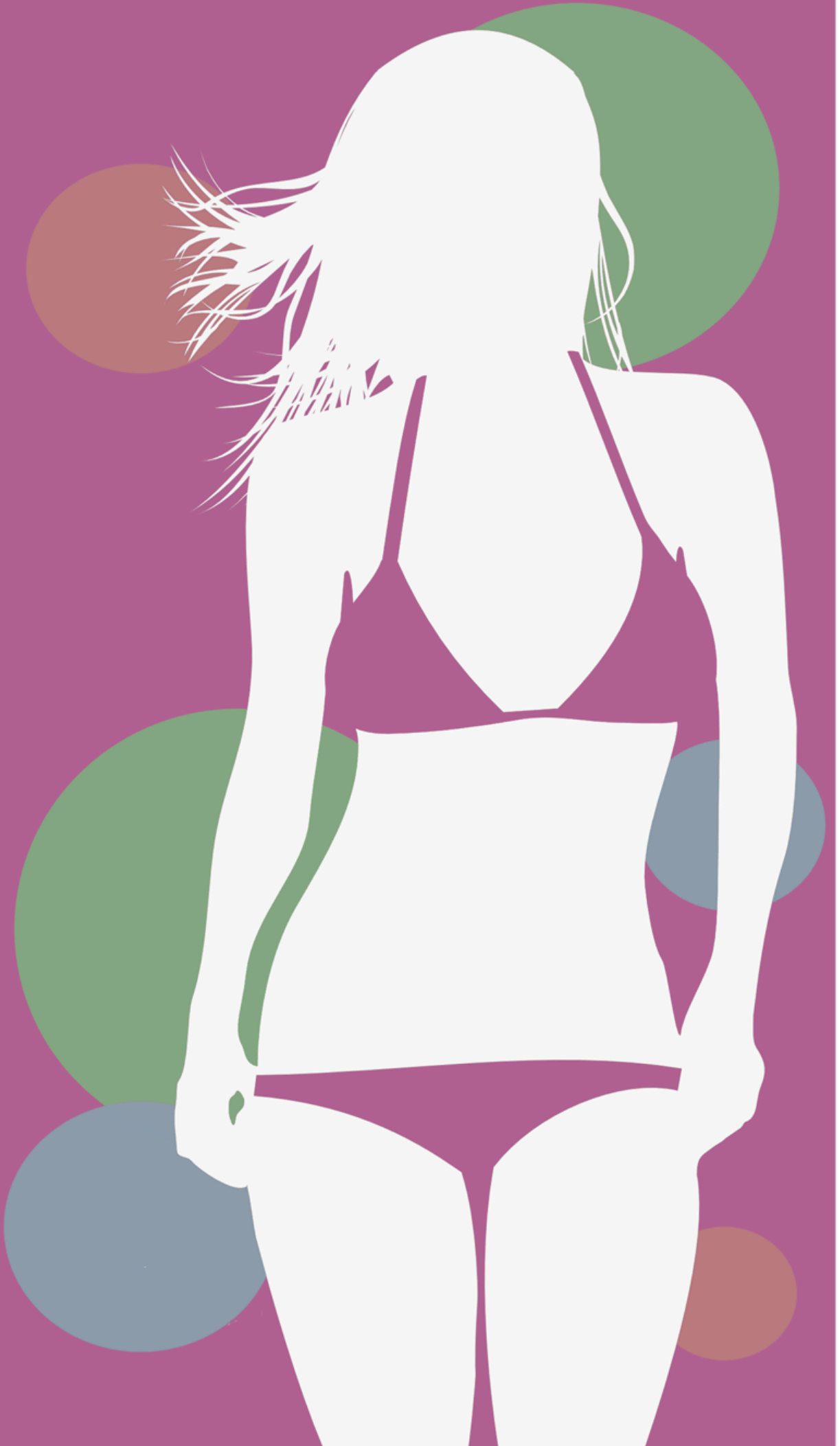


YOUR
CHOICE

EATING PLAN



StripTeas

HOW IT WORKS

The 'Your Choice' Eating Plan has been designed to help you take control of your weight loss and maximise your teatox results. Eating healthily doesn't have to be complicated - your body is designed to self regulate when you provide it with nutritious meals. We've provided all you need in this easy guide.

Choose 1
Breakfast Meal



Choose 1
Lunchtime Meal



Choose 1
Evening Meal



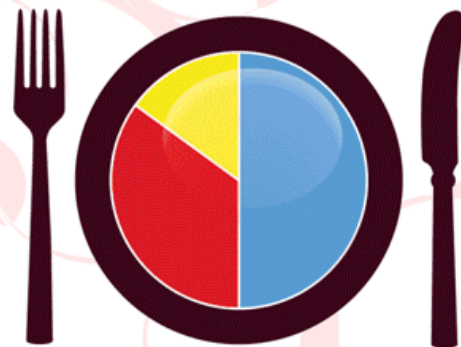
In a rush at lunchtimes? No problem, simply pick from our quick & easy 'Lunch To Go' options

We know that somedays you are likely to feel hungry between your main meals. This is often the time when people reach for the sweet treats and derail their weight loss plans. However, the 'Your Choice' Eating Plan has you covered, simply choose from one of our guilt-free snacks to help satisfy your cravings.

The Simple Rules

- No Alcohol - alcohol is energy dense, increases appetite and makes it more difficult for your liver to remove toxins from your body.
- Don't drink empty calories - Drink water, tea or smoothies. If you feel like snacking, have a glass of water first!
- Have protein and fat with every meal.
- No processed foods - Prepare as many meals yourself as you can. Choose wholegrains over refined foods.

DIVIDE AND CONQUER



The effortless way to control your energy intake is to simply divide your plate into segments.

- Half of your plate should be salad and non-starchy vegetables.
- Two thirds of the remainder is protein and fat.
- The leftover segment can be carbohydrate as it is required.

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BREAKFASTS

Skinny Pepper, Tomato & Ham Omelette

Serves 2: 2 whole eggs and 3 egg whites, 1 tsp olive oil, 1 red pepper, 2 spring onions, a few slices of wafer-thin extra-lean ham, shredded 20g reduced-fat mature cheddar & wholemeal toast, to serve.

• Mix & season the eggs and set aside • Heat the oil and cook the pepper in a frying pan for 3-4 mins • Add the spring onions and cook for 1 minute • Pour in the eggs and cook until almost set • Sprinkle on the ham and cheese • Serve on wholemeal toast.

Berries & Yoghurt

• Just layer your favourite berries with some natural plain, unsweetened yoghurt for a healthy and easy breakfast.

Super Berry Smoothie

Serves 2: 225g bag of frozen berries, 225g fat-free strawberry yoghurt, 100ml semi-skimmed milk, 20g porridge oats, 1 tsp honey.

• Whizz the berries, yoghurt and milk together in a blender until smooth • Stir through the porridge oats and drizzle with honey for a little extra sweetness.



Sliced Banana Toasts

2 slices of wholemeal bread, 1 large ripe and firm banana, unsalted butter, cinnamon, a small sprinkle of brown sugar.

• Preheat the oven to 200°C (400°F) • Lightly butter the bread, layer with the sliced banana and sprinkle with cinnamon and brown sugar • Bake in the oven for 10 minutes and finish under the grill for a further 2 minutes.

'Apple Pie' Porridge

50g porridge oats, 200ml no-added sugar apple juice, 100ml semi-skimmed milk, 1 medium dessert apple (diced), a pinch of cinnamon.

• Add all the ingredients to a saucepan • Heat and stir until boiling • Lower the heat and simmer gently for 5 minutes, stirring often. Serve with a sprinkle of cinnamon.

Cereal with Milk and Fruit

Choose either an apple, tangerine, peach or kiwi along with any one of the following cereals: 2 Weetabix with semi-skimmed milk, 30g bran flakes with semi-skimmed milk and a tablespoon of dates and raisins, 30g unsweetened muesli with semi-skimmed milk.

• Combining a small portion of cereals with low-fat milk and a portion of fruit is a great way to start the day!

Scrambled Egg on Wholemeal Toast

2 eggs, 4 tbs semi-skimmed milk, 2 slices of wholemeal toast, 2 tsp low-fat spread, sprinkle of chopped chives, a pinch of black pepper.

• Lightly mix the eggs and cook over a low heat • Stir slowly until large soft curds form • Serve on wholemeal toast with chopped chives.



Crunchy Granola with Berries and Cherries

Serves 12 (store for up to 1 month): 175g mixed nuts, 450g rolled oats, 50g sesame seeds, 50g sunflower seeds, 100ml sunflower oil, 100ml honey, 170g dried berries and cherries, semi-skimmed milk, to serve.

• Preheat the oven to 180°C (350°F) • Mix the oats, nuts, sesame seeds and sunflower seeds in a large bowl with a pinch of salt • Add the oil and honey and mix with a fork (break up any big lumps of oats) • Bake for 20 minutes, stirring occasionally • Allow to cool • Mix with the berries and serve with milk.

LUNCHES

Chicken Breast with Roasted Peppers and Courgettes

Serves 2: 2 skinless chicken breasts, 2 red peppers cut into quarters, 1 large courgette sliced lengthways, 2 sprigs of thyme, 1 tbsp rapeseed oil, a half lemon.

• Preheat the oven to 200°C (400°F) • Half each chicken horizontally and set aside • Place the peppers, courgettes and thyme in a roasting tin, drizzle with oil then cook for 20 mins • Add the chicken to the tin, squeeze over the lemon and season well • Cook for a further 10 minutes or until the chicken is ready.



Hearty Vegetable Soup

Serves 6 (store any extra in the freezer): 1 medium sliced onion, 2 small sliced carrots, 3 sliced celery sticks, 1 tsp vegetable oil, 1 tin chopped tomatoes, 80g green beans, 1 tbsp tomato purée, 1 sliced leek, 80g frozen peas, 50g dried Orzo pasta, 1 tsp dried herbs, 1 litre boiling water.

• Heat the oil in a large pan • Add the onion, carrots, leek and celery and fry until sizzling • Lower the heat, cover and cook for 5 minutes, stir as needed. • Add the tomatoes, water, beans and peas • Bring to the boil and add the pasta, herbs and pepper. • Lower the heat and simmer for 15 minutes, stirring frequently.

Fast Feta and Aubergine Pizzas

Serves 2: 2 wholemeal pitta breads, 160g jar roasted aubergines, 50g crumbled feta cheese, a handful of roughly chopped mint leaves.

• Toast the pitta breads until just starting to crisp • Drain the aubergines, reserving some of the oil, and whizz half in a food processor until smooth • Spread aubergine paste over the pittas • Top with remaining aubergine slices and scatter with feta • Sprinkle over the mint and lightly drizzle each with 1 tsp of aubergine oil.

Cauliflower 'Couscous' with Leeks and Sundried Tomatoes

Serves 2: half a cup of sundried tomatoes, 2 heaped cups of cauliflower 'couscous', 1 minced clove of garlic, 1 tsp rapeseed oil, half a cup of thinly sliced leeks.

• Rehydrate the sundried tomatoes in water • Pulse the cauliflower in a food processor until it takes on the consistency of 'couscous' • Sauté the garlics and leeks in rapeseed oil for 3 minutes • Drain and chop the tomatoes and add to the pan • Add cauliflower 'couscous' and cook until softened • Season to taste.

Asian Chicken Wraps

Serves 2: 170g skinless ground chicken breast, 1 tbsp Soy sauce, 2 tbsp Hoison sauce, 1 clove of garlic, 1 small sliced red onion, 1 red chilli, 6 whole lettuce leaves, 2 chopped tomatoes, 1 tsp parsley, basil and oregano.

• Heat olive oil in a saucepan on medium-high heat • Season chicken with spice and cook until browned • Add the onion, garlic, chilli, Soy and Hoison sauces and cook for another few minutes • Spoon the mix into the centres of the lettuce leaves and fold • Garnish with chopped tomatoes and herbs.



Portobello Mushrooms and Halloumi Burgers

Serves 2: 4 Portobello mushroom caps with stems removed, 2 tbsp balsamic vinegar, 1 tbsp olive oil, 2 thin slices halloumi cheese, 1 large sliced tomato, a handful of basil leaves, salt and pepper to taste.

• Heat grill to a medium-high heat • Wash mushroom caps and dry • In a shallow bowl combine the balsamic vinegar and olive oil with the mushrooms • Grill the mushrooms for 3-4 minutes each side • Add halloumi and grill each side for 2 minutes until soft • Assemble the 'burger' with the mushrooms as the bun and the cheese and tomatoes as the filling.

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LUNCHES TO GO

All of these lunches can be prepared in 10 minutes or less and are easy to take to work with you too!

Quinoa Salad

Half a cup of quinoa, 1 cup of water, 2 tbsp chopped bell pepper, a quarter cup rinsed and drained chick peas, 1 tbsp of chopped parsley, 1 tsp of olive oil, 1 tsp of lemon juice, a sprig of fresh basil.

- Rinse the quinoa and microwave with the water for 5 minutes at full power
- Stir and microwave for 4 more minutes
- Fluff up the quinoa and stir in the remaining ingredients
- Garnish with basil.



Taco Salad

Dressing: 2 tbsp salsa, 1 tbsp low-fat Greek yoghurt, 1 tsp olive oil, 1 tsp chilli powder. Salad: 2 cups baby spinach, half a sliced celery stalk, 1 chopped spring onion, 1 tbsp chopped black olives, 2 tbsp corn, one quarter cup of drained and rinsed black beans.

- Toss the salad and then combine and spoon over the dressing
- Add a lightly toasted tortilla cut into thin strips, if you wish.

Loaded Sweet Potato

1 sweet potato, 2 tbsp low-fat Greek yoghurt, 1 tsp honey, 2 tbsp drained black beans, a pinch of paprika.

- Prick the sweet potato and microwave for 4-5 minutes
- Split open lengthways and add on the toppings.

Fruit Salad

A good handful of your favourite fruits, a few mint leaves, dash of lemon juice.

- Feel free to add a few tablespoons of low-fat Greek yoghurt for something a little more substantial.



Sushi

One small box of sushi along with 1 fat-free yoghurt or a serving of fruit.

- Sushi is a good healthy option when you just want to quickly pick something up from the store for lunch.

Mediterranean Pitta

1 wholewheat pitta bread, 2 tbsp houmous, 1 large sliced roasted red pepper, 1 tbsp feta cheese, 1 tbsp black olives, 5 slices cucumber, a small handful of mixed greens.

- Lightly toast the pitta bread and then carefully split open
- Spread evenly with houmous and add the other fillings.

Soup and Wholemeal Roll

Choose a small tin of low-fat soup such as minestrone, pea and mint, chicken or french onion. Accompany with a wholemeal roll and an apple or banana.

- Soup is a quick and easy way to eat a filling lunch on the go - and it's so easy to add variety with different flavours.

Garden Pasta Salad

80g leftover cooked wholewheat pasta, 50g cooked chicken strips, 1 slice of mozzarella cheese, 4 kalamata olives, one half sliced green pepper, one half carrot (shredded), 1tbsp fat-free Italian dressing.

- Pasta salads are quick to make and can use up leftovers from the previous night's meal
- Use wholewheat pasta as a healthier alternative.

Quick Poached Eggs on Wholemeal Toast

2 free range eggs, 2 slices of wholemeal toast, 1 tsp low fat spread, chopped chives and a pinch of paprika.

- Fill a microwave safe bowl with boiling water and add one egg
- Microwave on full power for one minute
- Repeat with the other egg and serve on wholemeal toast with chives and paprika.

EVENING MEALS

Shakshuka: Eggs in Fiery Tomato Sauce

Serves 2-3: 1 tbsp olive oil, 1 small diced onion, 2 cloves minced garlic, 1 diced red pepper, 1 tsp ground cumin, 1 tsp paprika, 1/2 tsp chilli flakes, 1 small jalapeño pepper, 2 tbsp tomato purée, 400g can chopped tomatoes, 3 large eggs, 2 tbsp roughly chopped fresh parsley.

- Heat the oil in a large frying pan on medium heat • Add the onion and cook until soft • Add the garlic and red pepper and cook for 4-5 more minutes • Stir in the cumin, paprika and chilli flakes then add the jalapeño • Add the chopped tomatoes and tomato paste and simmer for 15 minutes • Allow the sauce to cool slightly and then make 3 indentations in the surface
- Crack the eggs into holes and cover the pan • Cook until the eggs are ready • Garnish with chopped parsley.



Fish Pie with Broccoli and Green Beans

Serves 4: 700g potatoes (peeled and diced), 4 fillets of haddock (or any white fish or salmon), 425ml skimmed milk, 25g low fat spread, 25g flour, 25g reduced fat mature cheddar cheese, 320g broccoli (to serve).

- Preheat the oven to 200°C (400°F) • Boil the potatoes for 15 minutes until soft, then drain and mash with a splash of milk • For the sauce, mix the milk, low fat spread and flour in a small pan over a medium heat - stir until the sauce starts to thicken • Pour the sauce over chunks of fish in an ovenproof dish • Top with mashed potato and cheese • Bake for 30 minutes until the top is golden brown • Serve with broccoli and green beans.

One Pan Crispy Chicken and Brussel Sprouts

Serves 2: 2 chicken legs with skin on, 1 stalk of brussel sprouts (stemmed and chopped), 1 tbsp coconut oil, ground garlic, 1 tsp olive oil (for sprouts), juice of 1 lemon, quarter of a cup of chicken stock, a pinch of Parmesan cheese.

- Preheat the oven to 200°C (400°F) • Wash and halve brussel sprouts • Toss them with garlic, salt, pepper and olive oil • Season both sides of chicken legs • Heat the coconut oil in an ovenproof pan and add the chicken legs • Crisp for 6-8 minutes • Flip the chicken and cook the other side • Add the sprouts, chicken stock and lemon juice and bake in the oven for 30 minutes (or until chicken is cooked through) • Garnish with Parmesan.

Tuna Salad

1 can of tuna (drained), 4-5 lettuce leaves, 1 cup lightly steamed green beans, 1 hard boiled egg (quartered), 4 slices of red onion, 4 black olives, 1 tsp olive oil, 1 tsp red wine vinegar.

- Arrange lettuce leaves on a plate and mound the tuna in the centre • Surround with green beans, onion and egg • Drizzle over the olive oil and red wine vinegar and season to taste.



Chilli Con Carne

Serves 2: 1 tsp olive oil, 100g extra lean beef mince, 1 finely chopped onion, 1 finely chopped garlic clove, 400g tin of chopped tomatoes, 1 tbsp tomato purée, 1/2 tsp chilli powder, 1/2 tsp ground coriander, 1/2 tsp cumin, 1 small red bell pepper (chopped), 100g sliced mushrooms, 50g sweetcorn, 1 small can of kidney beans, 150g basmati rice.

- Brown the mince over a gentle heat whilst stirring • Add the onion and garlic and cook for 2-3 minutes • Add the chopped tomato, purée and spices • Bring to the boil then simmer for 15 minutes • Cook the rice according to pack instructions • Add the mushrooms, sweetcorn and pepper and simmer for 5 more minutes • Add the drained kidney beans and simmer for a final 5 minutes.

Halibut with Quick Lemon Pesto

2 Halibut or other firm fillets, 1/2 cup basil leaves, 20g Parmesan cheese, 1/2 tbsp olive oil, 1 peeled garlic clove, 1 tbsp lemon juice, cooking spray.

- Place fillets on grill rack coated thinly with cooking spray • Season with salt and pepper • Cover and grill for approximately 4 minutes each side • Combine the remaining ingredients in a food processor • Serve the fish on the pesto.

EVENING MEALS

20 Minute Chicken Creole

Serves 4: 4 medium chicken breasts cut into thin strips, 400g can of chopped tomatoes, 1 cup low-salt chilli sauce, 1 large chopped green pepper, 2 chopped celery sticks, 1 large chopped onion, 2 cloves minced garlic, 1 tbsp dried basil and oregano, 1/2 tsp crushed red pepper flakes, 80g of rice or wholewheat pasta (to serve).

• Spray a deep pan with non-stick cooking spray and preheat over a high heat • Cook chicken for 4-5 minutes and then reduce heat • Add the remaining ingredients and bring to the boil • Reduce heat and simmer for 10 minutes • Serve over a small portion of rice or wholewheat pasta.

Wild Mushroom and Chicken Stir-Fry

100g chicken breast, 1 tbsp cornstarch, 3 tbsps oyster sauce, 1 tsp peanut oil, 1 clove of minced garlic, 1/2 cup of chopped peppers, 1/2 cup of shiitake mushrooms, 1/2 cup sliced oyster mushroom caps, 1/2 cup fat-free chicken stock, 1/2 chopped white onion, 1 tbsp water, 1/2 tsp sugar.

• Combine chicken, 1 tsp cornstarch, salt and pepper and set aside • Combine oyster sauce, water, sugar, remaining cornstarch and a pinch of salt and set aside • Heat oil in a pan on medium-high heat • Add chicken and garlic and cook for 3 minutes • Add peppers, onion and mushrooms and cook for 3 minutes • Stir in stock and bring to the boil • Add in oyster sauce, cook for 30 seconds.



Moroccan Chicken and Lentils

Serves 4: 1 cups chopped carrots, 1 cup of dried lentils, 400g chicken breast cut into quarters, 2 cloves minced garlic, 1/2 tsp salt, 3/4 tsp tumeric, 1/2 tsp ground cayenne pepper, 1/2 tsp ground cinnamon, 2 cups of fat-free chicken stock.

• Place all the ingredients as listed in a slow cooker and cook on high for 5 hours • Can be served with either a small portion of wholewheat rice or pitta bread.

Venetian-style Pasta

Serves 2: 2 sliced red onions, 1/2 tbsp olive oil, 200g pasta shapes, 3 tsp balsmic vinegar, 2 tbsp sultanas, 4 tsp drained and rinsed capers, 2 tbsp toasted pine nuts, 140g spinach leaves.

• Fry the onions in the oil for 10 minutes until very soft • Stir the vinegar, sultanas, capers and most of the pine nuts into the soft onions with some seasoning, then cook for 1 min more to soften the sultanas • Stir in the spinach with a splash of pasta water • Drain the pasta and then toss with the onion mix • Top with the remaining pine nuts.



Chicken Tikka Wraps

Serves 2: 1/4 cucumber (thinly sliced), 1/4 iceberg lettuce (shredded), 2 chopped spring onions, handful of mint leaves, 2 small naan breads, 1 chopped tomato, 140g cooked chicken tikka pieces, natural low-fat yoghurt (to serve).

• Toss all the salad vegetables together • Microwave the naans for 1 minute until puffed up • Then warm the chicken pieces in the microwave as per pack instructions • Split the naans in half, stuff with chicken salad and a spoonful of yoghurt.

Tomato & Thyme Cod with Sweet Potato Wedges

Serves 4: 1 tbsp olive oil, 1 chopped onion, 400g can of chopped tomatoes, 1 tsp brown sugar, a few sprigs of thyme, 1 tbsp soy sauce, 4 cod fillets, 300g sweet potato cut into wedges.

• Place the sweet potato wedges on a baking tray, sprinkle with salt and pepper and cook at 200°C (400°F) for 15 minutes • Heat the oil in a frying pan, add the onion and fry for 5-8 minutes • Stir in the tomatoes, sugar, thyme and soy, then bring to the boil • Simmer for 5 minutes and then add the cod to the sauce • Remove the wedges from the oven and serve alongside the cod.

SNACKS

Pea and Avocado Houmous with Bell Pepper Scoops

Houmous: 1 can of mushy green peas, 1 avocado, 1 clove of garlic, 1 tbsp of lime juice, hot sauce to taste, if you wish.

Bell Pepper Scoops: Variety of bell pepper colours.

- To make the dip simply whizz all the houmous ingredients together in a food processor to your desired consistency
- Cut the bell peppers in half horizontally and then in quarters to create the scoops to eat it with.

Homemade Chilli Popcorn

Easy to make in advance: 20g of popping corn kernels, 1 tsp of oil, a sprinkle of chilli powder (or other spice of your choosing).

- Use a large pan with a tight fitting lid
- Warm the oil on a medium heat, add the corn and cover
- When the popping stops remove from the heat and carefully remove the lid
- Sprinkle with chilli powder.

Spiced Apple Crisps

Serves 2: 2 Granny Smith apples, cinnamon for sprinkling.

- Core the apples and thinly slice (1-2mm)
- Sprinkle with cinnamon and bake in the oven until golden, turn halfway through cooking.



Cheese and Tomato Crispbread Toastie

1 wholegrain crispbread, 15g grated low-fat mature cheddar cheese, 40g sliced tomato, 1 tsp of chopped spring onions.

- Chop the tomato and spring onion over a slice of crispbread
- Cover with the cheese and place under a pre-heated grill for 2-3 minutes.

Green Smoothie

40g mango slices (drained), 40g peach slices (drained), 40g frozen spinach, 1 medium banana, 200ml water.

- Blend all the ingredients together until smooth
- Vary the consistency by adding more water
- Instead of tinned fruit you can also use fresh or frozen fruits.

Energy Bites

Makes 8: 100g pecans, 75g raisins, 1 tbsp ground flaxseed, 1 tbsp cocoa powder, 1 tbsp agave syrup, 50g desiccated coconut, 2 tbsp peanut butter.

- Blitz the pecans in a blender until they become crumbs
- Add raisins, peanut butter, flaxseeds, cocoa powder and agave syrup then pulse to combine
- Shape mixture into 3cm balls and roll in the coconut to coat
- Set in the fridge for at least 20 minutes.

Frozen Fruit Sticks with Passionfruit and Lime Drizzle

Makes 8: 100g hulled and halved strawberries, 8 seedless grapes, 100g mango chunks, 10g melon chunks, 2 kiwi fruits cut into chunks, 100g pineapple chunks. For the Drizzle: Juice of 2 limes, 4 deseeded passionfruits, 1 tsp icing sugar.

- Mix the drizzle ingredients in a bowl
- Place the fruits on wooden skewers and drizzle the sauce on top, reserving a little for dipping
- Pop the skewers in the freezer for 45 minutes until just starting to freeze.



Baked Beans on Wholemeal Toast

1 slice of wholemeal bread, a small 60g tin of baked beans.

- Cook the beans according to the tin instructions and serve on wholemeal toast
- Add a pinch of cayenne chilli powder to spice up your snack!

Three Fruit Salad

50g of seedless black grapes, 50g diced apple, 100g pineapple chunks.

- Refreshing and easy to make, this easy fruit salad contains two portions of your recommended 5 A Day.

Strawberries and Cream

110g of strawberries, 30g half-fat crème fraiche.

- This is a healthy alternative to the Great British classic.